

Your Employee Assistance Program would like to thank you for all the hard work you are doing and the flexibility you are demonstrating during these uncertain times. We recognize that often uncertainty and anxiety go hand and hand. Taking some time each day for intentional, mindful, self-care practice can help us be more calm and focused. State Employees are in the business of serving others, that is why it is so important to invest in our own wellbeing.

Take a scheduled “wellness break” with us each day and listen to one of the following:

1. [Quiet the mind](#)
2. [Putting the brakes on automatic worry](#)
3. [Sitting with stress](#)
4. [Increase compassion to decrease distress](#)
5. [Observing your thoughts](#)

Where can I go for support related to my stress, anxiety, and fears related to the coronavirus?

The current coronavirus outbreak and constant media coverage can be anxiety-producing. While it is important to stay informed, there are things we can do to manage our mental well-being:

- Avoid speculation and get your information from reputable sources such as the official Kentucky Coronavirus Website: (telephone: **1-800-722-5725** / website: <http://www.kycovid19.ky.gov/>).
- Manage how you follow the outbreak in the media. If the news is causing you stress or anxiety, reduce your media intake and refer to the reputable information sources listed in the bullet point above.
- Talk about your fears, anxiety, and stress. The Kentucky Employee Assistance Program provides confidential services for employees. Employees may contact KEAP at 502-564-5788 or (800) 445-5327. Please also review KEAP information at <https://personnel.ky.gov/Pages/KEAP.aspx>.

Here are some additional [tips](#) to help you manage anxiety during this time.

Read a message from the American Foundation for Suicide Prevention on [Taking Care of Your Mental Health in the Face of Uncertainty](#).

Remember [LiveHealth Online](#) is safe way for KEHP members to see a psychologist or therapist at home via smart phone, tablet or computer.



Want to learn more about the importance of intentional, mindful, self-care practice?

Take a look at:

[Relaxation techniques: Breath control helps quell errant stress response](#)

[Body Scan exercise](#)

[The Benefits of Self-Compassion](#)



Earn Rewards for your mindfulness practice.

StayWell offers KEHP members access to Provata VR, a FREE virtual reality meditation app.

‘WHAT’S A VIRTUAL REALITY MEDITATION APP?’

It’s a mobile application that guides you through short meditations. The guided meditations help you to slow down and be mindful about your thoughts and your body. You can start with a two-minute guided body scan, or you can choose longer meditations.

‘HOW DO I GET THE APP?’

You’ll first need to create a LivingWell profile at KEHPlivingwell.com, if you haven’t already.

Then, follow these steps, using your smartphone or tablet:

- Search for “Provata VR” in the App Store or on Google Play.
- Download the app.
- Create your account, using the same email address and password used for your KEHPlivingwell.com account.

‘CAN I GET REWARDED FOR MEDITATING?’

Yes, you can! This is part of the LivingWell program, so you can earn points for meditating.

Just watch at least one meditation video on 15 different days across 2020. If you do that, you’ll earn 15 points, redeemable for \$15 in gifts and gift cards.

You’ll need to complete the meditation video all the way through for it to count. And because your account is linked to your profile, the information is transmitted automatically – you don’t need to do anything.

QUESTIONS? Contact the StayWell Help Line at **866.746.1316** or KEHPlivingwell@staywell.com

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